



Prime Time News

April 2018

Fitchburg Senior Center
Volume VIII Issue 4

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Caregiver Support

If you are caring for a loved one with dementia, you are not alone.

Join us on Thursday,
April 12 at 10:00 a.m.

Memory Café

Every third Thursday
at 10:30 a.m.

April 19—African
Baskets!

Parkinson's Support Welcomes Bob Gilpatrick!

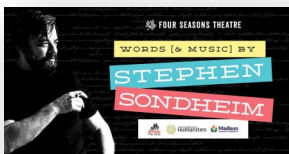
The Senior Center is delighted to introduce Bob Gilpatrick as our new group leader. Bob is a former Verona District Superintendent who has been diagnosed with Parkinson's. Bob brings a wealth of knowledge and connection to the group. Please join us for the kick-off session on Monday, April 16 at 2:00 p.m.

Topic: Introductions & planning for the structure & content of future meetings.

Immunizations—Not just for kids! Are you up to date?

Immunization recommendations keep changing and new vaccines are being added to help you stay healthy and reduce risk of severe disease as you get older. Find out what shots are now available and recommended for adults, how to find your own immunization record, learn about the new shingles vaccine and other health news. Bring your questions.

Thursday, April 26 at 11:00 a.m. No registration required.



The Senior Center & Library Team Up! Words and Music by Stephen Sondheim

Singers from Four Seasons Theatre explore the art of lyric-writing through the work of master lyricist Steven Sondheim. Join us as we use Sondheim's own words and performances of his songs from *West Side Story*, *Into the Woods*, and more to learn about the lyricist's craft."

Fitchburg Senior Center, Friday, April 20 at 1:00 p.m.

Hair Care W/ Ecco Salon

Haircuts at the Senior Center are back! We are excited to welcome two stylists from Ecco Salon in Fitchburg. Appointments will occur one Monday per month – please call for dates/times. We are asking for a \$15 donation for the service. If you cannot afford this, please notify a staff member who can help you apply for a scholarship.



New Day Trips

A Winged Affair, Tuesday, May 8, 2018

Visit the Air Venture Museum located at EAA's Aviation Center in Oshkosh, with Lunch at Ginger's Hideaway, and explore the Horicon Marsh via a boat tour.

Depart Fitchburg Senior Center: 5:30 a.m.

Estimated return: 7:00 p.m.

Cost: \$99.00

Payment Due: April 3, 2018

Supper Club Sunday at the Duck Inn Supper Club, Delavan, June 10, 2018

Visit a rose garden of 400 bushes with a waterfall, bridge and gazebo. Dinner at the supper club.

Depart Fitchburg Senior Center: 12:15 p.m.

Estimated return: 7:30 p.m.

Cost: \$75.00

Payment due: May 6, 2018

Milwaukee's Gold Coast, Wednesday, June 20, 2018

Visit Villa Terrace Decorative Arts Museum overlooking Lake Michigan. Lunch is served at Sobelman's on St. Paul Ave., located in a 128-year-old building originally occupied by Schlitz Tavern. Following lunch take a 90-minute sightseeing boat trip along Milwaukee's rivers, harbors and Lake Michigan.

Departs Fitchburg Senior Center: 7:45 a.m.

Estimated return: 6:15 p.m.

Cost: \$89.00

Payment due on May 15, 2018

For Reservations and payment contact Badger Bus Tour at 800-416-2049.

For questions contact Sharon Trimborn at 608-271-9077, Senior Center Day Trip Travel Volunteer.



EXTENDED TRAVEL

*** DEADLINES ***

Interested?

Sign-up soon for these tours.

Iceland: April 4 deadline for group

Pacific Coast: April 5 deadline for group

Albuquerque: April 6 deadline for group

Opryland: August 1 for group

Don't be waitlisted!

Seats are held for FSC travelers until several months before the trip.

Once we get to that deadline, the seats are given to other groups.

Brochures are available with full information.

Find them near the reception area of the Fitchburg Senior Center.

Questions? Call Judy Broad at 608-271-9077

Fitchburg Senior Center Friends

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Food Wise Nutrition

1. Dining Out—April 18.
2. Enhancing Food Flavor—May 9.

W/ LyTonia at 11:30 a.m.



More!

New!

Cultural Event Series To Begin

The Senior Center is proud to be hosting a variety of cultural events and music throughout 2018. We hope to build a greater understanding of the diverse cultures and artistic expressions found in our community, and to bring a greater appreciation of different traditions around the world.

The kick-off date is **April 27** and will be welcoming ***Red Lehr's Powerhouse Five + One***, from the Capital City Jazz Fest!!!

12:45 p.m. Oak Hall Room (upper level).

Downsizing The Easy Way—May 17

The presentation "Downsizing the Easy Way" is scheduled for Thursday, May 17 at 1:00 p.m. at the Fitchburg Senior Center. Presenters will be Marianne Gariti of Moving Forward, and Ruth Domack of First Weber, Inc.

Full details coming in the May 2018 newsletter.

Memory Café

This program is designed for people with memory loss, mild cognitive impairment, early Alzheimer's and other dementias. Third Thursday of every month at 10:30 a.m.
Call 270-4290 and ask for David

New Medicare Cards

Starting in April, Medicare will mail new Medicare cards to all people with Medicare, to help protect you from identity fraud. Fraudsters are always looking for ways to get your Social Security Number, so Social Security Numbers will be removed from all Medicare cards to make them safer. Be on the lookout for your new card!

You're Invited to

Aging Advocacy Day!

May 16, 2018, Madison, WI

Join other advocates and help educate state legislators about issues affecting Wisconsin's aging population! No experience necessary, you'll get the training and support you need before meeting with state lawmakers.

Wisconsin has a long, proud history of grassroots advocacy on the part of older people in the state. Become a part of the citizen-led initiatives that have made Wisconsin's aging programs some of the best in the nation!

9:00 — 3:00 p.m.
Bethel Lutheran Church, 312 Wisconsin Ave., Madison,
and the Wisconsin State Capitol

Your voice can make a difference!

Registration begins March 1 at <https://gwaar.org/AgingAdvocacyDay>
or contact your local aging unit or ADRC.

Registration deadline is May 1, 2018.



WAN Advocacy
Wisconsin Aging
| Advocacy | Network

Ready, Set, Retirement

Friday, May 11

9:00 a.m. -12:30 p.m.

Fitchburg Public Library

5530 East Lacy Road

Call 243-2881 to reserve a seat.



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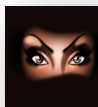


REACH Book Club

will meet at the Senior Center on Thursday, April 12, 2018 at 1:30 p.m. with a discussion of the book, *Delicious* by Ruth Reichl. Billie Breslin has traveled far from her home in California to take a job at Delicious!, New York's most iconic food magazine. Away from her family, particularly her older sister, Genie, Billie feels like a fish out of water-until she is welcomed by the magazine's colorful staff. She is also seduced by the vibrant downtown food scene, especially by Fontanari's, the famous Italian food shop where she works on weekends. Then Delicious! is abruptly shut down, but Billie agrees to stay on in the empty office, maintaining the hotline for reader complaints in order to pay her bills. To Billie's surprise, the lonely job becomes the portal to a miraculous discovery. In a hidden room in the magazine's library, Billie finds a cache of letters written during World War II by Lulu Swan, a plucky twelve-year-old, to the legendary chef James Beard. Lulu's letters provide Billie with a richer understanding of history, and a feeling of deep connection to the young writer whose courage in the face of hardship inspires Billie to come to terms with her fears, her big sister and her ability to open her heart to love.

May 10, 2018 *The Boys in the Boat* by Daniel James Brown

June 14, 2018 Choose books for next year



The *I Love a Mystery Book Club* will meet at 1:30 p.m. on Thursday, April 26, 2018 at the Senior Center with a discussion of the book, *A is for Alibi* by Sue Grafton. The first book in the Kinsey Milhone series. Grafton wrote a book beginning with the letters of the alphabet through Y. (*Y is for Yesterday*) She passed away in December and did not leave a Z book.

Groups



Men's Group

Join us for our next meeting on

Tuesday, Apr. 10 at 2:00 p.m.

For more info log on to:

www.fitchburgwi.gov/823/Groups-to-Join

and click on Men's Group.



Active Women's Group

Join us for our next meeting on

Tuesday, Apr. 24 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

www.fitchburgwi.gov/823/Groups-to-Join

and click on Active Women's Group.

Dine Out



Couples Dinner Group

On Tuesday, April 17, The Fitchburg Couples Dinner Group will dine at Quivey's Grove, 6261 Nesbitt Rd.

Anyone interested in joining the group please e-mail Bev at BevDavis@aol.com or call her at 608-467-3990.

Cocktails at 5:00 p.m. in the Stable Grill, dinner at 5:30 p.m. in the Stone House.

Women's Brunch

Women's Brunch at The Egg and I on the second Monday of every month at 10:00 a.m.

Those who would like to join should e-mail Bev Davis at BevDavis@aol.com or call

608-467-3990.

Tech Central



Cutting The Cable Cord Options

Just a reminder that you don't need to wait for one of David's informational programs on alternative options to expensive cable and satellite tv. Feel free to call David at 270-4292 to schedule a time to sit down and brainstorm the best options for you. Whether you are just giving it some thought or are ready to make the move, let David help you sort through the options. Call today!

**FREE Over-The-Air Antenna
Loans—Call David 270-4292**

Over The Air & Internet TV



It's time to arm yourself with TV option knowledge! David Hill will guide you through the changes that are coming to TV and how it will impact your wallet.

This class will highlight how to retrieve over-the-air high definition channels (FREE). You will also learn how to incorporate devices like Roku and Apple TV.

Better TV, more choices and happy viewers—
Wednesday, April 18 at 10:30 a.m.
Call 270-4290 to register.



Smart Phones—Apple/Android

People keep asking for it, so here is your opportunity! Dave St. Amant (see his ad below this article) is with us once again. Come with questions and learn some new tips and tricks with your smart phone. This class is for everyone. Two dates, but you **MUST** call 270-4290 to reserve the class /date of your choice.

Wednesday, April 25 at 1:00 p.m.
Call 270-4290 to reserve your spot.

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Let's Get Crafty At Stamp Camp W/ Terry!

Join in the fun the second Monday of the month, from 12:00-2:00 p.m., making hand-stamped greeting cards. No experience necessary! For more details, contact Terry Schultz at:
rschultz0924@yahoo.com Cost: \$12.00
 Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.

Fitchburg Singers Come Sing W/Us!



The Fitchburg Singers practice every 1st & 3rd Wednesday at 1:00 p.m.

Did you know that the singers have 25 + retirees who love to sing? There is a spot waiting for you! Love to perform? They do that too! Stop in to a practice or call 270-4290 for more details.

Fun Zone



Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st, 3rd & 5th Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 1:30 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Yarn Group—Mon. @ 9:00 a.m.




\$20 Blackout Bingo!! April 12

Special Sponsor:

Farmers Insurance w/ the
Fitchburg Police serving lunch!

Game begins promptly at 12:30 p.m.

No movie this month

Try these Friday programs!

Words by Stephen Sondheim— 4/20 (front page)

Red Lehr's Powerhouse Five+One - 4/27 (p.3)

PLAY TIME!

Cribbage Anyone?

Like playing Cribbage?
The Senior Center wants
to hear from you. Call
David at 270-4292.



Ukulele Network

The uke group strums every
Tuesday at 1:00 p.m.

Do you have a ukulele and already know some
basic chords?

Come play with us! Call Judy at
608-514-3274.

Exercise Opportunities

P.7

Zumba Gold

Thursdays: 10:00-10:45 a.m. Four weeks.

April 5, 12, 19 & 26. \$25

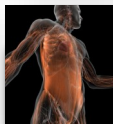
Minimum sign-up of six. Call 270-4290 or stop by to register and make payment.



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility.

Cost is \$22 per month.



Build Your Core

Three weeks of exercises to help you remain active in your daily routine to improve strength and balance. Exercises will be performed standing, sitting, and on the floor.

Wednesdays from 9:30-10:30 a.m. Four weeks.

April 4, 11, 18, 25. \$25

Call 270-4290 to register and make payment

Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.

Cost is \$12 per month.



Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.

Yoga W/ Kurt—2018

Mondays: Apr. 2—June 4 (no class 5/28)

\$72—9 weeks

Level 1 10:45 a.m.—12:00 p.m.

Wednesdays: Apr. 4—May 30

\$72—9 weeks

Level 1 10:45 a.m.—12:00 p.m.

★ Level 2 9:15 a.m.—10:30 a.m. (Advance)

Call 270-4290. Payment due upon sign-up.



Indoor Walking—Break Away Sports!

Walking has ended for the season. We want to thank Matt Lombardino and staff for the opportunity!



Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m. Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level.

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Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. **MUST indicate wheelchair upon sign-up.** Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for **medical ride requests that require wheelchair transport.** Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—SSM Health. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$22 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Diabetic Footcare

April 20

The cost of this clinic is \$30. Please call 270-4290 to schedule an appointment.

Blood Pressure
Offered during the "Wellness Check" hours:
10:00 a.m.—12:00 p.m.
No appt. needed.
Every Thursday.

EMS BP&Glucose
Fourth Mon. 10:30 a.m.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

Social Services

Senior Center Help

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ **Call Amy Jordan or Sarah Folkers at 270-4290 today!**

Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings
15 minutes = \$11 / 30 minutes—\$22
Call 270-4290 to register.



Wellness Checks with Nurse Nancy

Thursdays 9:30 a.m.—12:00 p.m.

Services Offered:

Blood Pressure Checks

Glucose Checks

Weight Monitoring

Individual Education on: chronic health problems, healthy lifestyles, nutrition, med management.

Walk-ins welcomed. 270-4290

The Fitchburg Senior Center Friends

On behalf of the Fitchburg Senior Center Friends, a huge Thank You is extended to all for the hard work and enthusiastic energy expended to make the Pancake Breakfast on March 18, 2018, a huge success and fun event! We also want to extend a sincere thank you to the businesses that contributed goods and money to support the breakfast. They include Fitchburg Family Pharmacy, HyVee, Woodman's and Pick 'n Save.

The Friends of the Center also supported scholarships in the amount of \$59 for the month of March.

The Senior Center is seeking two citizens to serve on its **Commission on Aging Well Board**.

Call Jill for more details. 270-4291

1918 Flu Pandemic



Fitchburg Historical Society presents: Mary Hayney, Professor at U.W. Pharmacy School. Topic: 1918 flu pandemic and dealing with the flu today. Sunday, April 22 at 1:30 p.m. Fitchburg Public Library.

Healthcare Decisions Month



April is National Healthcare Decisions month - have you thought about your end-of-life preferences? Please join us on Wednesday, **April 25 at 10:30 a.m.** where the importance of starting the conversation with your friends and family will be discussed, as well as options for getting your Healthcare Power of Attorney form completed. It's never too early to start thinking about your wishes! No sign-up required.

CHRISTENSON JOHNSON^{LLC} ATTORNEYS AT LAW

Iris M. Christenson
Barbara S. Hughes

Mark T. Johnson
Meghan M. Teigen

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Thank You Dorothy Konopacki!

Dorothy not only volunteers in the kitchen on Thursdays, but plays the piano during lunch. What a gal! Thanks, Dorothy.



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Meals in Memory....

In memory of Saroj and Sushil Bansal, who were long-time participants at the Senior Center, lunch on the 4th Monday of every month will be sponsored in their memory. *All who join us for lunch on this day will not need to make a donation.*

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Suzie Jones, Office Asst.



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For general questions, email us at:
FitchburgSeniorCenter@fitchburgwi.gov



Call 608.274.4350 today to schedule
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Class Registration/Payment

Class: _____

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Cash: _____

Check: _____

Program Cancellation Policy: Class payments must
be received seven days prior to the start of class.

Certain classes require a minimum attendance. If
your cancellation puts the class attendance under the
minimum, a refund may not be possible.

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tschumacher@fitchburgfamilyrx.com

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APRIL

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Ham Slice* Cheesy Potatoes Broccoli Salad Pineapple Dinner Roll Coconut Cream Pie NCS – SF Ice Cream VO – Baked Potato w/ Cheese	Meat Sauce Spaghetti Noodles Bread Stick Parmesan Cheese Mixed Green Salad Diced Peaches Vanilla Pudding NCS – SF Cookie VO – Veggie Meatballs	Chicken a la King Brown Rice Corn Pickled Beets Mandarin Orange Frosted Carrot Cake NCS – Diced Peaches VO – Soy a la King	Green Pepper Soup Kidney Bean Salad WW Bread Banana Chocolate Pudding NCS – Fruit Cup VO – Hummus Wrap	Meatballs in Gravy* Oven Roasted Potatoes Mixed Green Salad MG Bread Fruit cup Cookie NCS – SF Pudding VO – Veggie Burger
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Baked Mostaccioli Bread Stick Spinach Spiced Pears Cookie NCS – Oranges VO – Veg Mostaccioli	Roasted Turkey w/Gravy Stuffing w/Cranberries Green Salad Banana Pumpkin Bar NCS – SF Cookie VO – Soy w/Gravy	Chicken Breast ½ Baked Sweet Potato Salad w/ Tomatoes Orange Juice Dinner Roll Lemon Bars NCS – Pineapple VO – Garden Patty	Ham Slice * Yams Spinach Diced Peaches WW Bead Brownie NCS – SF Jell-o VO – Quiche	Broccoli Cheese Soup Mini Ham Croissant Spiced Pears 3 Bean Salad Blueberry Crisp NCS – Apple VO – Cheese Croissant
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Hearty Bean Soup Broccoli WW Dinner Roll Apple Ice Cream Cup NCS – SF Ice Cream VO – N/A	Meatballs in Marinara* Over WW Penne Roasted Brussel Sprouts Diced Peaches Pineapple Upside Down Cake NCS – Orange VO – Veggie Meatball	Roasted Pork Loin* Mashed Potatoes Baked Cabbage w/ Apples WW Bread Mandarin Oranges Banana Bar NCS – SF Cookie VO – Black Bean Burger	Potato Crusted Fish 1/2 Baked Potato w/Sour Cream Sugar Snap Peas Pineapple Dinner Roll Confetti Cake NCS – Fruit Cup VO – Veggie Wrap	Spinach/Bacon Quiche Hash Brown Patty Stewed Tomatoes Mandarin Oranges w/Grapes Iced Cinnamon Roll NCS – SF Pudding VO – Veggie Quiche
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Beef Stew Green Beans Dinner Roll Apple Sauce Chocolate Cake NCS – Oranges VO – Cheese and Tomato Sandwich	Hungarian Goulash w/Macaroni Noodles Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake NCS – SF Cookie VO – Veggie Noodles	Baked Chicken Mashed Potatoes/Gravy California Blend Veg. Mini Croissant Blueberry Pie NCS – Pineapple VO – Garden Burger	Vegetable Barley Soup ½ Tuna Salad Sandwich Banana Carrot Slaw Cookie NCS – SF Jell-o VO – ½ Egg Salad	Roasted Chicken Breast ½ Baked Sweet Potato Peas MG Bread Pumpkin Pie NCS – Apple VO – Garden Burger
Monday 30	  		Salad Option Friday's 2nd – Chicken 9th – Chef's 16th - Hummus Plate 23rd – Pork Taco Salad 30th - Tuna Salad Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290	
Pizza Casserole* Steamed Broccoli Peaches WW Dinner Roll Brownie NCS – Orange VO – Veggie Pizza Casserole				

April 2018

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
2 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	3 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong	4 8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	5 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM Visiting Nurse 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	6 8:30 AM Aerobics 9:00 AM Ping Pong 10:00 AM Shop-Pick N Save 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																				
9 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	10 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Woodmans 2:00 PM Men's Group	11 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	12 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM Visiting Nurse 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	13 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																				
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